Author’s response to reviews

Title: Effect of a Pedometer-based Walking Challenge on Increasing Physical Activity Levels amongst Hospital Workers

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Response to reviewers

We are grateful to the editor for providing us with another opportunity to improve the manuscript. As per your suggestions, we have modified the sections in the manuscript and highlighted in red font.

Indicate using a symbol if the pre-post is statistical difference in table 1. If any differences exist how was this accounted for in the analysis for table 2? If not accounted for, mention this to the reader as a limitation and a potential need for caution when reading table 2. In the results section related to table 2 the sentence “The participants engaged in more moderate and high intensity physical activity following the intervention than they did pre” should be “MORE participants engaged in more moderate and high intensity physical activity following the intervention than they did pre”

We performed the chi-square and t-tests to confirm that there were no statistical differences among participants at pre vs post intervention. We have added a footnote as follows:

“† No statistical differences in participant’s characteristics at pre vs post intervention”
Kindly note, this will not influence results presented in Table 2. Also we have corrected the sentence.

Abstract results: "there was a secular increase" should be changed to IPAQ assessed physical activity at post intervention was higher

This has now been corrected.

Abstract conclusion:
"Although self-reported PA increased post-intervention, the subsample . . ." should be changed to "Although self-reported PA ‘was higher’"

This has now been corrected.

Page 9, line 200 -
"Based on the IPAQ, the total PA increased by 21.9 minutes/week higher post 3-month" - “total PA increased” should be changed to total PA score ‘was higher’

We have now removed the word increased by 21.9 minutes/week and rephrased the sentence to “Based on the IPAQ, the total PA was higher post 3-month intervention (183.6±110.9 minutes/week) compared to pre-intervention (161.7±108.7 minutes/week).”

The authors should be more cautious in the conclusion given the study design, and conclusion should be adapted to reflect the nature of the study. It cannot be stated that the program successfully increased PA levels in the long term. Perhaps something along the lines of "During the intervention there are promising results of higher rates of physical activity however this decreased post intervention. Participants . . .

We have rewritten the conclusion based on the nature of the study design and along the lines as per your suggestion. Two lines first and last line of conclusion were modified as follows
“Although during the intervention period there were promising results of higher physical activity among hospital workers, this decreased post intervention. Moreover,…”

“Therefore, encouraging participation and maintaining motivation in the long term amongst workers in a work-based PA programme is challenging.”